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Why Take Chances?

If there's a baby
in your future,
don't drink alcohol.

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Alcohol and Babies Don't Mix

DHS
Illinois Department of Human Services

If you drink during pregnancy, your baby may have problems called Fetal Alcohol Syndrome (FAS) or Fetal Alcohol Effects (FAE).

Children of mothers who drink when they are pregnant may:

- Be born with mental retardation
- Have learning problems
- Have behavior problems
- Have other health problems which last a lifetime

Fetal Alcohol Syndrome is the leading known cause of mental retardation and is totally preventable.

ANY alcohol can harm you and your developing baby.

As little as one or two drinks a day, or binge drinking on weekends, may harm your unborn baby.

A drink = one beer
or
one glass of wine
or
one wine cooler
or
one mixed drink
or
ANY liquor.

If you are pregnant, drinking alcohol may lead to:

- Miscarriage
- Bleeding Problems
- Early Labor

Babies born to mothers who drink may:

- Be Born Too Small
- Need Extra Medical Care
- Have Serious Birth Defects

Don't drink if you are pregnant or could get pregnant.

Give your baby the best start in life.

If you are pregnant or could get pregnant soon, don't drink alcohol.

Drinking alcohol during pregnancy may harm your unborn baby.

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Stop Drinking Now! Get Help!

For information:
Call the **Help Me Grow** hotline at

1-800-323-4769

(voice/TTY).

Contact your clinic,
local health department,
local Family Planning, WIC or
Family Case Management program.
Talk with your doctor or nurse.

The Illinois Partnership for an Integrated Prevention System

Fetal Alcohol Syndrome Prevention Launch Team

DHS
Illinois Department of Human Services

Programs, activities and employment opportunities in the Illinois Department of Human Services are open and accessible to any individual or group without regard to age, sex, race, sexual orientation, disability, ethnic origin or religion. The department is an equal opportunity employer and practices affirmative action and reasonable accommodation programs.

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